

## **ABSTRACT**

# **A STUDY ON CLINICAL FEATURES AND COMORBID PSYCHIATRIC ILLNESSES IN OBSESSIVE AND COMPULSIVE DISORDER**

## **AIM OF THE STUDY**

To study the clinical presentation and comorbid psychiatric illnesses in patients with Obsessive Compulsive Disorder.

## **OBJECTIVES**

1. To study the clinical presentation in patients with Obsessive Compulsive Disorder.
2. To evaluate the severity of obsessions and compulsions in these patients.
3. To study the comorbid psychiatric illness associated with Obsessive Compulsive Disorder.
4. To assess the insight among patients with Obsessive Compulsive Disorder.
5. To assess the relationship between severity in Obsessive Compulsive Disorder patients with quality of life.
6. To find the relationship between severity in Obsessive Compulsive Disorder patients and stressful life events.

## **METHODOLOGY:**

Consecutive person who were between 15-55 years of age attending Psychiatry OP, Government Rajaji Hospital, Madurai were assessed and evaluated for Obsessive Compulsive disorder. The study was designed as cross-sectional study. Of the person evaluated during the study period of 6 months, 30 patients were recruited for the study fulfilling the ICD-10 criteria for Obsessive Compulsive disorder. These patients were assessed using MINI, Yales Brown Obsessive Compulsive symptom checklist, Yales Brown Obsessive Compulsive Scale (YBOCS), Brown Assessment of belief Scale, Presumptive stressful life events scale and WHO Quality Of Life. The collected data were subjected to statistical analysis.

## **RESULTS**

Early age of onset of Obsessive Compulsive Disorder is correlated with increased disease severity. Major depressive disorder is the most common Psychiatric comorbidity associated with Obsessive Compulsive Disorder. Contamination obsessions and cleaning compulsions are the most common clinical presentation in patients with Obsessive Compulsive Disorder. There are no gender differences with respect to severity of Obsessive Compulsive Disorder. Obsessive Compulsive Disorder patient with Poor insight is associated with increased disease severity. Quality of life is poor in Obsessive Compulsive Disorder patients with comorbid psychiatric illness. Obsessive Compulsive Disorder Patients with more number of Stressful life events are prone to develop Psychiatric comorbidities.

## **CONCLUSION**

Thus, by identifying the clinical features and comorbid psychiatric illnesses, patients with obsessive Compulsive Disorder would be better recognised in future and

this exploration of research would also be further extended into the management aspects in forthcoming years.

**Keywords:** Obsession, Compulsion, Comorbidity, Quality of life.